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'LONG ISLAND MEDIUM'

Theresa Caputo gives Metro the scoop on what to expect from her live show next week. 12-13

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Old City Oyster Bar opens this weekend with enticing specials. 11

'MEEK FREE'

After a decade-long legal battle and time served, rapper and Philadelphia native Meek Mill on Tuesday entered a guilty plea for gun possession, resulting in all other charges against him being dropped and allowing Mill to walk away with no probation or further prosecution. 4

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Oklahoma State at Oregon State preview. 15

GETTY IMAGES

8 THINGS TO KNOW

Federal judge temporarily blocks Missouri 8-week abortion ban

Meanwhile, Planned Parenthood in fight to renew state license.

Abortion-rights advocates attend a rally after a judge granted a temporary restraining order on the closing of Missouri's sole remaining Planned Parenthood clinic in St. Louis, Missouri. REUTERS

A federal judge on Tuesday blocked Missouri from enforcing a law banning abortion in the state after eight weeks except in cases of medical emergency.

The law was set to take effect on Wednesday, but U.S. District Judge Howard Sachs in Kansas City ruled that the state not enforce it, pending litigation or further order of the court, according to a court document.

The ban, like others by U.S. states this year, was written in the knowledge it would likely be struck down but with the hope it would prompt the U.S. Supreme Court to review its landmark 1973 decision protecting abortion rights.

"While federal courts should generally be very cautious before delaying the effect of State laws, the sense of caution may be mitigated when the legislation seems designed, as here, as a protest against Supreme Court decisions," the judge wrote.

"The hostility to, and refusal to comply with, the Supreme Court's abortion jurisprudence is most obviously demonstrated in the attempt to push 'viability' protection downward in various weekly stages to 8 weeks."

Women's health-care provider Planned Parenthood and the American Civil Liberties Union (ACLU) sued Missouri last month over the law, which also bans abortions sought on the grounds of the fetus' race, sex or disability and makes it a felony for doctors to perform abortions in violation of the law.

Planned Parenthood's Missouri clinic and the ACLU have argued the law will cause "significant and irreparable constitutional, medical, emotional" harm to patients in that state, who may not even know they are pregnant at eight weeks, according to court documents.

> **"The hostility to, and refusal to comply with, the Supreme Court's abortion jurisprudence is most obviously demonstrated in the attempt to push 'viability' protection downward in various weekly stages to 8 weeks."**
>
> U.S. District Judge, Howard Sachs

The law declares Missouri to be a "sanctuary of life" that protects "pregnant women and their unborn children." It does not make exceptions for cases of rape and incest, and it includes a provision that would trigger a statewide abortion ban if the U.S. Supreme Court overturns its 1973 ruling in Roe v. Wade, which established a woman's constitutional right to terminate her pregnancy.

Abortion is one of the most divisive political issues in the United States. Several conservative states have passed restrictive laws on abortion in 2019 to try to make the Supreme Court revisit the constitutional issue.

Missouri has been at the center of the nation's escalating abortion debate, as Planned Parenthood is fighting a state health department decision not to renew the license of the provider's clinic in St. Louis, the only abortion clinic in the state. REUTERS

Ex-Google engineer charged in self-driving secrets theft

2 The U.S. Department of Justice on Tuesday filed criminal charges accusing Anthony Levandowski, a former high-ranking engineer at Alphabet Inc., of stealing the company's self-driving car technology before joining rival Uber Technologies Inc. The 33-count indictment largely mirrors allegations that Alphabet's Waymo unit, where Levandowski had worked, had made in a civil lawsuit against Uber in 2017, which later settled. Lawyers for Levandowski said their client stole nothing and that they looked forward to proving his innocence at trial. Levandowski, who could face many years in prison and a fine if convicted, is expected to appear later on Tuesday in federal court in San Jose, California. The prosecution of Levandowski, 39, is one of Silicon Valley's highest-profile cases alleging theft of trade secrets. REUTERS

Gronk: 'Football was bringing me down'; no plans to return

3 Former NFL tight end Rob Gronkowski is physically ready to play football again, but he's not sure if the desire will ever return. Gronkowski, in a public appearance to discuss his partnership with CBDMedic, also discussed his retirement from football on Tuesday. The three-time Super Bowl Champion said he needed to recover after retiring from football due to all the injuries he accumulated in his career. He got emotional explaining how the injuries made him feel. "I want to be clear to my fans: I needed to recover," Gronkowski said. "I was not in a good place. Football was bringing me down, and I didn't like it. I was losing that joy in life." He said CBD has helped him feel much better, and will now advocate for its use in the NFL and other sports leagues. It is currently banned by the NFL. REUTERS

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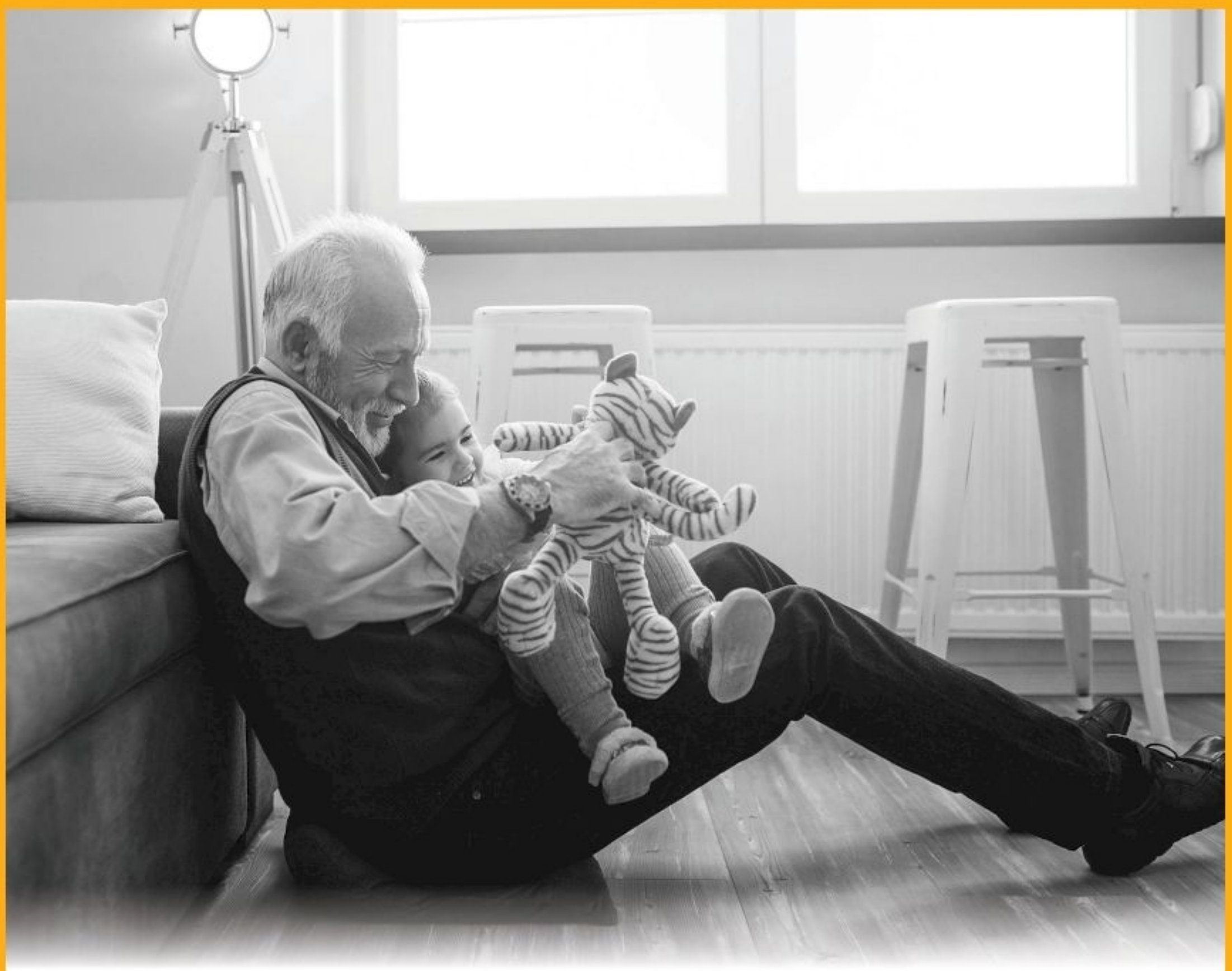

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Rapper Meek Mill, 32, appears in court and attends #freemeek reform rally on Aug. 27, 2019, in Philadelphia. GETTY IMAGES

Meek Mill's criminal case is over

The rapper will serve no more time in prison as a plea Tuesday resolves his high-profile case.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

Meek Mill's high-profile criminal case has come to a close after the rapper pleaded guilty to a misdemeanor gun-possession charge.

His guilty plea was accepted by a judge Tuesday morning. Mill's other charges have been dropped, and he won't serve more time in prison or face probation or further prosecution.

"I'm extremely grateful that my long legal battle is finally behind me and I appreciate that it has sparked a much-needed discussion about probation reform and the inequalities that exist within our two Americas," Mill, born Robert Williams, said Tuesday on Twitter.

Mill served time for a drug and gun conviction, but it was overturned last month because of credibility concerns about the arresting officer, who was not called to testify because a probe showed he stole money on duty.

Judge Genece Brinkley, the original judge in Mill's case, convicted Mill during a non-jury trial in 2008. The judge seemed to be keeping an extremely close eye on Mill and was later removed from the case by the Pennsylvania Superior Court.

District Attorney Larry Krasner's office was left with determining whether to try him or try to negotiate a plea to the misdemeanor charges. During Mill's testimony, he admitted that he had a gun but denied selling drugs and pointing the gun at officers.

On Tuesday, Krasner said Mill was treated unfairly in the case, which he said "exemplifies the destruction caused by excessive supervision, instances of corruption, and unfair processes in our criminal courts."

Krasner added that Mill "has demonstrated significant rehabilitation; he has evolved and grown. This office commends him both for taking responsibility for his crime and for his work to improve society by changing a criminal justice system that too often lacks integrity, is biased, is unfair, and is overly punitive in ways that make us all less safe."

Since the ordeal, Mill has become an activist for criminal justice reform.

CBS reported that Mill spoke to people rallying outside the hearing, where he said, "Meek free, I'm not on probation no more. Thank you, I appreciate that a lot. I just wanted to come up here myself and thank all the supporters because I know y'all probably got family members in jail or people going through the same thing as me and I will continue to do what I do with the reform movement and help the people who helped me."

Additionally, he posted on Twitter: "It's important that we now channel our energy into helping the millions that are unjustly trapped in our criminal justice system."

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Gloria Allred (center), representing alleged victims of Jeffrey Epstein, leaves Tuesday's hearing in Manhattan. REUTERS

'Eats away at my soul': Epstein accusers testify weeks after financier's suicide

Victims voiced their anger during hearing to dismiss charges.

A succession of women who say Jeffrey Epstein sexually abused them voiced anger and defiance in a packed New York courtroom on Tuesday, expressing raw emotions during a dramatic hearing less than three weeks after the financier killed himself while awaiting trial on sex-trafficking charges.

"He showed the world what a depraved and cowardly human being he was by taking his own life," one of the women, Sarah Ransome, said at the hearing before U.S. District Judge Richard Berman that lasted about 2 1/2 hours.

"I will not let him win in death," another woman, Chauntae Davies, told the court.

Federal prosecutors appeared at the hearing to ask the judge to formally dismiss their case against Epstein. One after another, the accusers then detailed Epstein's actions against them years ago. In all, 16 women testified, including six who did so without giving their names, and lawyers read statements from seven other women.

Epstein, who once counted President Donald Trump and former President Bill Clinton as friends, was arrested on July 6 and pleaded not guilty to federal charges of sex trafficking involving dozens of girls as young as 14.

The 66-year-old was found dead Aug. 10 in his cell at the Metropolitan Correctional Center (MCC) in Lower Manhattan. An autopsy concluded that he hanged himself.

Explaining why he gave the women and their lawyers an opportunity to address the court, the judge said it was "both because of their relevant experiences and because they should always be involved before, rather than after, the fact." After the hearing, Berman said "everyone has benefited greatly" from hearing from the women.

Prosecutors accused Epstein of arranging for girls to perform nude "massages" and other sex acts, and paying some girls to recruit others, from at least 2002 to 2005. Some of the women said he raped them.

"The fact that I will never have a chance to face my predator in court eats away at my soul," said Jennifer Araoz, another of the women.

"I feel very angry and sad that justice has never been served in this case," Courtney Wild, another accuser, told the hearing.

Davies told the court Epstein hired her to give massages. She said Epstein raped her the third or fourth time they met on his private island and continued to abuse her.

> **"I feel very angry and sad that justice has never been served in this case."**
>
> Courtney Wild, accuser

Berman ordered prosecutors and defense lawyers for Epstein to appear in court after the Manhattan U.S. Attorney's office said it wanted to dismiss the indictment against Epstein in light of his jail death.

At the hearing, Assistant U.S. Attorney Maurene Comey said the law required the dismissal of the case in light of Epstein's death, but said the government's investigation was ongoing.

"Dismissal of this indictment as to Jeffrey Epstein in no way prohibits or inhibits the government's ongoing investigation into potential co-conspirators," Comey said. REUTERS

NOTICE OF PUBLIC COMMENT PERIOD & PUBLIC HEARING
PHILADELPHIA HOUSING AUTHORITY

The Philadelphia Housing Authority (PHA) is providing an opportunity for public review and comment on **proposed revisions to the Housing Choice Voucher Program Administrative Plan and the Public Housing Admissions and Continued Occupancy Policy**. These documents are available for review and downloading on PHA's website at **www.pha.phila.gov** under the "Latest News" section, and may also be reviewed at PHA Headquarters at the address noted below. PHA public housing residents, Housing Choice Voucher Program participants and the general public are invited to attend and provide comments at the public hearing and/or to submit written comments during the public comment period. The public hearing is scheduled for:

Wednesday, September 11th – 3:00pm
2013 Ridge Avenue, 1st Floor
Philadelphia, PA 19121

The public comment period begins on **August 28th, 2019** at 12:00 noon and ends on **September 27, 2019** at 12:00 noon. All comments must be received at PHA's office by the end of the comment period. Please send written comments to:

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Office of the General Counsel
Attention: Administrative Plan/ACOP Comments
2013 Ridge Avenue
Philadelphia, PA 19121

The public hearing will be held in an accessible location. Persons who require assistance, sign language interpreter or other accommodations should call 215-684-5767 in advance of the Public Hearing. Please use the AT&T Relay Service for TTY.

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Actress Lori Loughlin waves off attorney conflict in US college scam case

Actress Lori Loughlin and husband, fashion designer Mossimo Giannulli, leave Boston federal court on Tuesday. REUTERS IMAGES

Actress Lori Loughlin on Tuesday waved off concerns about a potential conflict involving the lawyers who will defend the "Full House" star and her husband against charges of participating in a U.S. college admissions scam.

Federal prosecutors have accused Loughlin and her fashion designer husband Mossimo Giannulli of paying $500,000 to get their two daughters admitted to the University of Southern California through bribery as purported crew recruits.

They are among 51 people charged since March with participating in a vast scheme in which wealthy parents conspired to use bribery and other forms of fraud to secure admission of their children to top universities.

Prosecutors claim they did so with the help of William "Rick" Singer, a California college admissions consultant who has pleaded guilty to helping bribe university sports coaches to present clients' children as fake athletic recruits.

Both Loughlin and Giannulli have pleaded not guilty.

At Tuesday's hearing, a federal magistrate judge questioned Loughlin and Giannulli about whether they were aware of the risks posed by their decision to be jointly represented by the law firm Latham & Watkins.

U.S. Magistrate Judge M. Page Kelley told them the choice could hamper their individual defenses. For example, if one wanted to testify at trial, their lawyers might not want that because it could hurt the spouse's defense, she said.

"You need to have the undivided loyalty of counsel," she said.

But the judge said she would allow Loughlin and Giannulli to waive the conflict after both confirmed they wanted to continue being represented by Latham.

"My clients do have a united front," William Trach, a lawyer at Latham, said.

34

Thirty-four parents have been charged in the college admissions scandal. Of those, 15 have agreed to plead guilty.

Prosecutors had also previously questioned whether Latham needed to be disqualified as it counted USC as a client, but Assistant U.S. Attorney Eric Rosen said that was no longer an issue after the firm ceased working for the school.

The judge withheld immediately ruling on whether another, smaller firm retained by Giannulli may need to be disqualified because it also represents a cooperating witness, but Kelley said she likely would allow the conflict to be waived.

Thirty-four parents have been charged in the college admissions scandal. Of those, 15 have agreed to plead guilty, including "Desperate Housewives" TV star Felicity Huffman. She is scheduled to be sentenced on Sept. 13. REUTERS

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Puerto Rico, Dominican Republic brace for Dorian as storm blows past Barbados

Near-hurricane strength forecast for Wednesday landfall.

Puerto Rico and the Dominican Republic braced for Tropical Storm Dorian on Tuesday as it churned west-northwest, with officials cautioning that it could approach hurricane strength on Wednesday after blowing over Barbados.

"Slow strengthening is forecast during the next 48 hours, and Dorian is forecast to be near hurricane strength when it moves close to Puerto Rico and eastern Hispaniola," the U.S. National Hurricane Center (NHC) said in a report.

The storm's center is expected to pass near or south of Puerto Rico on Wednesday, move near or over eastern Hispaniola Wednesday night and move north of Hispaniola on Thursday.

"Tropical storm conditions are expected and hurricane conditions are possible in Puerto Rico on Wednesday and in portions of the Dominican Republic Wednesday night and Thursday," said the NHC.

Puerto Rico Gov. Wanda Vazquez Garced declared a state of emergency for the U.S. territory late on Monday in anticipation of the storm, the government said on Twitter.

There will be about 360 shelters open across the island, the governor said.

Barbados was hit by strong winds and intermittent showers, with periodic jolts of thunder and lightning, on Monday evening.

The Barbados Meteorological Services discontinued its tropical storm warning at 2 a.m. and the nation's international airport was reopened at 7 a.m.

"The threat of winds and heavy rains later this week, into this weekend, in the Turks and Caicos, the Bahamas and Florida is increasing. Residents in these areas should monitor progress of Dorian and ensure that they have their hurricane plan in place," said the NHC.

A hurricane watch is in effect for Puerto Rico and the Dominican Republic.

> **"Tropical storm conditions are expected and hurricane conditions are possible in Puerto Rico on Wednesday and in portions of the Dominican Republic Wednesday night and Thursday."**
>
> Natl. Hurricane Ctr.

By late Tuesday morning, the storm was located about 60 miles (95 km) west-northwest of St. Lucia, blowing maximum sustained winds of 50 mph, according to the NHC.

St. Lucia discontinued a tropical storm warning for the island. REUTERS

Volunteer members of the Roving Response Team remove a tree blocking a road after Tropical Storm Dorian passed in Brighton St. George, Barbados. REUTERS

Tropical Storm Dorian. REUTERS

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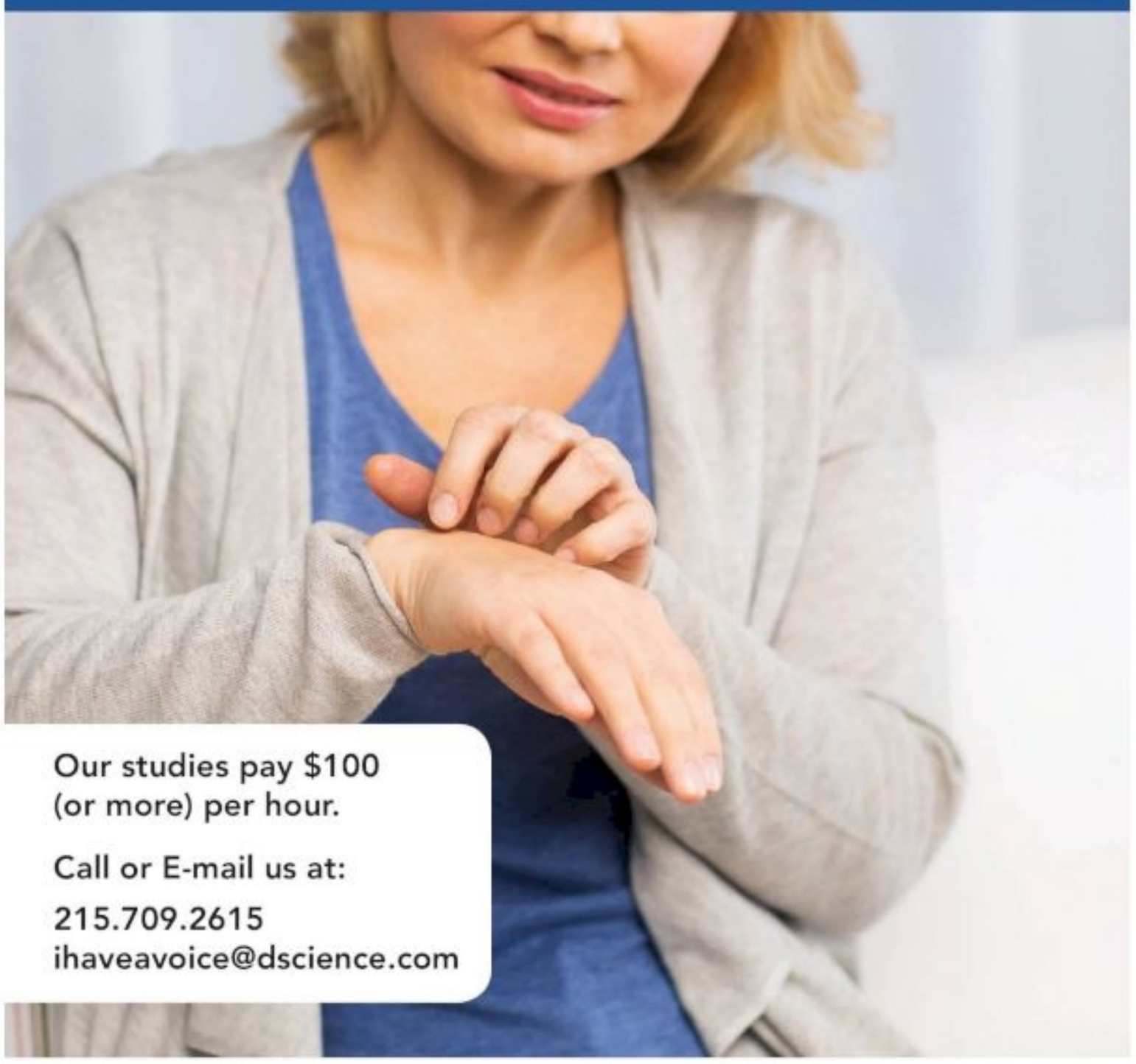

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Top Choice Home Care bringing community together

WRITTEN BY
Amy Smith

Making a difference in our community is no small thing, and Top Choice Home Care is continuing to make it a top priority. The organization, which facilitates home-based caregiving services for those in need, hosted a huge local event on August 17-donating hundreds of goodies to Philadelphia residents.

"Top Choice had another successful summer-ending bash for the community," says Samera Butler, president of Top Choice Home Care. "This was our second year giving out free book bags and other valuable takeaways, as well as providing live entertainment and so much more. We did this for the community because they are who we serve, and they are what makes us a great company."

The community has supported Top Choice Home Care from the very start, welcoming the organization with open arms. "It was time for us to give back," adds Butler.

The event was a success, drawing in a lively crowd for an action-packed afternoon that featured all of the following, free of charge:

- Haircuts from celebrated Philly barbers like Crispy Jeannie, Jin the barber and New Jersey's own Meet the Barber
- Backpacks and school supplies
- Special guest appearances from rappers Neef Buck and Peedi Crakk, as well as characters like Spider-Man, Pikachu, Elsa, Baby Shark and more.
- Local vendors such as Neef Buck's clothing line (Forever Do Me), which gave out free signed T-shirts, Citizens Bank, Taco Loco, Mister Softee, Tims Gaming Truck, Fire Department Engine 46, Sparkling Cheeks Artistry, Philly Pretzel Factory and more.
- Races and raffles
- A talent show and live entertainment

The event was a wild success. It drew in all types of Philadelphia locals, from families to groups of friends looking to come out for a great time celebrating the community.

"We will continue to expand and keep this tradition alive for years to come," says Butler.

Top Choice Home Care connects folks in need with qualified caregivers. Whether you need help due to old age, injury or disability, having the freedom and control to remain in the comfort of your own home is the organization's mission. Fostering independence in this way is empowering - and allows people to continue receiving excellent care without having to transition to a pricey living facility.

So what kind of care can you expect? Top Choice Home Care provides non-medical services to adults who need additional supervision and support due to advanced age or physical or mental disability. Their services run the gamut, from bathing and dressing to running errands, prepping meals and tidying up around the house.

All of their caregivers are specially trained so that the person in need can maintain the quality of life they're accustomed to. What's more, clients who qualify for the Medicaid Waiver Program are also eligible for free services. The driving force is allowing people to get the care they need without having to sacrifice their independence, dignity or lifestyle they love.

Their annual community event is a direct reflection of these values, honoring local neighborhoods and people who continue to embrace them. To learn more about how Top Choice Home Care works and what they're bringing to the community, visit www.topchoicehomecare.com or call 215-792-6884.

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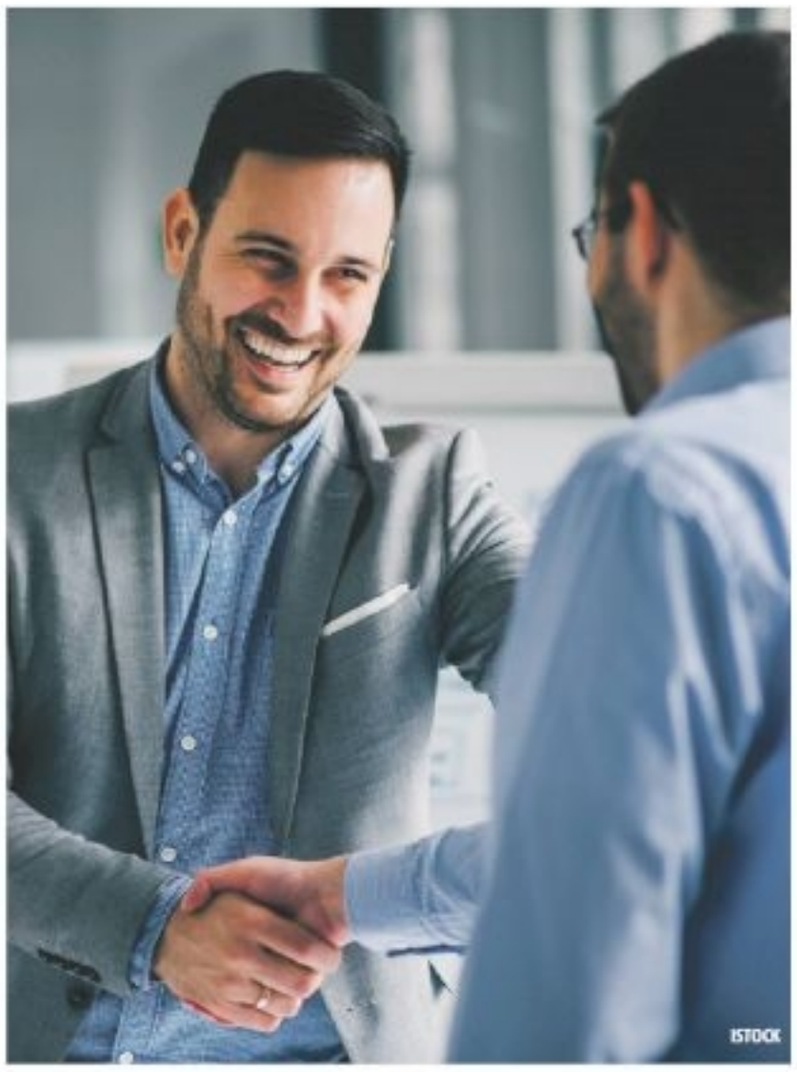
READER WRITE-INS:

A CULTURAL UNDERSTANDING

When out in the Center City art district you hear a lot of people speaking different languages. I assume that most of them are visitors. Recently I was at a Phlash bus stop. There was a family there speaking a language of which I was interested. I asked what language it was. I had to repeat myself. Later I found out that they could not speak English. But one of the young boys figured it out and told me, Italian. I asked what city and he said, "Rome." I began to ask the adults about the progress of the Coliseum, and that I had visited there. They did know a little English, such as, "Don't understand." The man asked where I was from and of course the children understood my first questions. I had learned a few greeting Italian words but I didn't feel confident to use them. On the bus I conversed with someone about the word, "ciao." So when I got up to depart the bus I looked over at the family and said, "ciao." They responded in kind and you should've seen the smiles on their faces. It's always good to feel welcome when you're in a new place. It made me realize that this is the way I would like to be treated whether I speak the native language or not. I am not afraid to get to know someone that looks different from me and does not share my culture. Other than that we have so much else in common. It's called people.

— **Anonymous,**
Metro New York reader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Aries Taking a day trip or attending a seminar that encourages personal or spiritual growth will lead to solutions that will help you parlay your skills, experience and knowledge into something tangible.

Taurus Formulate a plan and turn it into a reality. If you do what makes you happy, you will feel good about your future. Socializing, love and romance will brighten your day.

Gemini Make adjustments to the way you live or where. Your home should be your place to relax, ease stress and enjoy the people who bring out the best in you.

Cancer It's time to get moving. A healthy lifestyle should be your priority. Plenty of rest, proper diet, fitness and time with loved ones are encouraged. Romance is in the stars.

Leo Acting on impulse will get you into trouble. Jealousy and possessiveness will not help you get what you want. You can't change others, but you can change yourself.

Virgo Live and learn. If you pay attention to what others are doing, you will learn something you didn't know. Knowledge is power, and it can save you from making a big mistake.

Libra If you act prematurely, a loss is likely. If you think matters through, you'll avoid being duped by someone who has every intention to part you from your cash.

Scorpio If it feels right, do it. Don't inform others of your intentions. The element of surprise will be very important. A positive change is apparent.

Sagittarius Slow down, smell the roses and take a moment to relax and regain your energy. Giving yourself time to think about what's best for you will pay off.

Capricorn Make a positive change at home and enjoy the outcome. If you do the work yourself, you will save money. Lifestyle adjustment will encourage romance and more leisure time.

Aquarius Open up about the way you feel and what you want to happen. Take control of relationships instead of letting others dictate what you do or think.

Pisces Challenge yourself physically and make better choices when it comes to health, diet and lifestyle. The time for personal change is now. If you love who you are, others will respond favorably. EUGENIA LAST

LIFESTYLE

Everything you need to know about the Old City Oyster Bar opening

Get free oysters and $1 drinks during the "Slurp and Burp" happy hour event on Aug. 30.

MADELINE PRESLAND
letters@metro.us

Oyster Bar will feature will feature a number of fresh seafood and specials every day. MIKE PRINCE

Restaurateurs Jolly Weldon and Amy Tommarelli are building a destination for seafood enthusiasts in Old City.

If you're looking for the perfect place to have a full crab dinner or go all in with a seafood platter, you'll have a choice of two restaurants at 110 Chestnut St. starting Labor Day weekend. On the first floor, grab a bib for an all-you-can-eat crab feast at Maryland-style crab house The Nauti Mermaid. On the second floor, the aptly named Old City Oyster Bar will have oyster specials and bubbly beverages. Weldon and Tonnarelli are opening the Jersey Shore-themed bar on Aug. 30 with complimentary oysters, $1 sparkling drinks and $1 beers during "Slurp and Burp" from 4 p.m. to 6:30 p.m. The two restaurants will share an overall theme of bringing quintessential oceanside dining to Old City, but each floor will have its own dining (and drinking) experience.

Old City Oyster Bar will be an homage to beloved seaside dinners down the Shore: nautical decor, fresh seafood and lively music. The interior will feature vintage prints of shore towns and burlap textured wallpaper. An eight-stool "sing-along" piano bar will expand the entertainment beyond a traditional stage and crowd to be more interactive. The 40-foot walnut bar will serve two purposes: a space for people to eat and drink and live oyster shucking. But the Old City charm isn't forgotten. The space has exposed brick and a more modern finish to bring it all together.

The new restaurant will have a limited menu during opening weekend and expand to full dinner service next week. The menu will have three "surfboard" platters with fresh shellfish including lobster, clams and oysters galore. Don't miss buck-a-shuck oysters exclusively sourced from local beaches in New Jersey, Maryland and Delaware. They will also have a recycling program for the shells so they can be returned to local oyster beds.

Focusing on serving local oysters is just one of Weldon's efforts to make the new restaurant as sustainable as possible.

"We will be using no plastics and no bottles, and everything is going to be recycled," he said in a press release. "We're excited to open this space in the 'greenest' way possible with just about everything being recycled, and we're thrilled to bring another fun concept to Old City."

In addition the food menu, the beverage menu will have a distinct theme. Oysters and something bubbly are the perfect pairing, so the beverage menu will have a strong focus on sparkling beverages, including sparkling wine starting at just $2. The bar will have both wine and beer on tap as well as a cocktail menu designed to pair with the seafood specialties.

Dinner will be served Tuesday through Sunday starting at 4 p.m, as well as happy hour from 4 p.m. to 7 p.m. Tuesday through Friday. Brunch service will start later in the fall.

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‘It gives people hope and it gives people peace’

‘Long Island Medium’ Theresa Caputo hits the stage in Philly next week.

MOLLY GIVEN
Molly.Given@metro.us

Long Island is coming to the City of Brotherly Love, but not in the way that you think.

The Long Island Medium herself, Theresa Caputo is bringing her live show “The Experience” to Parx Casino for two nights next week, and whether you’re a believer or not, this spiritual showcase is truly going to be memorable. Caputo sat down with Metro to discuss her gift, talk about why this open line of communication with the spirit world is important for grief and dive into what to expect from her live show.

When did you first realize you had a gift and when did you decide you wanted to use your gift in this capacity to help people?

I’ve been seeing spirits since I was 4 years old. It’s just how I grew up, sensing and feeling things that nobody else was. It wasn’t until later in my ‘20s that I discovered that I was not only connecting with my own loved ones, but also everyone else’s. It took me about 5 years to really accept and embrace my gift, because I couldn’t understand who would want to come and see a medium. But what I learned from channeling spirits is that, unfortunately, no matter who we lose or how they die, we here in the physical world are left with burdens and guilt. We’re left with all of these negative emotions that sometimes do not give us the ability to heal. So when someone has a reading, the spirits talk about things that we need to hear, not that we want to hear. There are some common things that spirits talk about—there are common ways that people die and common burdens that people carry. But when a spirit does send me a message they want delivered, they have to validate it in some way personal for the person they wish to speak too. So it could be something that happened years ago to remind you of the happy times, or it might be something that happened after they died that you feel like they wouldn’t know about, or they might bring up something you’ve talked about that you haven’t shared with anyone else in the physical world. The reason I like them to do that is because then it shows that they hear you and nothing is truly left unsaid.

Did you ever imagine that your gift would bring you to where you are today?

Honestly, I never thought in a million years that I would be doing what I’m doing today. I was asked and approached to do a

Theresa Caputo hits the stage at Parx Casino next week. ALL PHOTOS GETTY

television show because my manager had lost her dad and she didn't know how to go on after the loss of him. She said, "You helped me to live life again and everyone would be so fortunate to have this experience." I just thought I was going to film a couple of episodes and then move on with my life, I never thought in a million years that I would be on television filming "Long Island Medium" regularly and more importantly, traveling around the country on a tour bus performing live shows. It just shows that the experience is so effective. No matter where you're seated in the theater, you will feel like you are part of it. When I come out I say a brief description of what I do, but for the most part, it's all spirit communication. I go down in the crowd, the cameras follow me and we have screens set up so everyone can feel like they are apart of this amazing experience.

I saw you also wrote books as well, can you tell me a little more on what they are about?
I actually wrote three books, all New York Times bestsellers— which is another crazy thing because my brother still says to this day, "You don't even like to read how did you write three New York Times bestsellers?" Which always makes me laugh. But it was important to write these. "Good Grief" is my latest book, and what I've learned from spirits is that everyone grieves differently—there is no right or wrong way to grieve. So it talks about all of the stages of grief, and it also helps people who don't know how to go on. Some people don't want to go on after the loss of a loved one, so at the end of each chapter, I give little incentives and ideas on how to go out and really move forward. It really is just a fantastic book.

What is the most rewarding part about all of this for you? Is it ever draining?
For me, it's not draining, it's actually rejuvenating. It takes more energy for me to not speak to spirits than it does for me to acknowledge them and move on. A spirit may say something that means nothing to me but is life-changing for someone else. That gives people hope and it gives people peace and it helps people know that it's okay to enjoy life. It's such an emotional roller-coaster during readings, people feel pain, sadness and the grief, and then in the next moment, the spirits are giving us the ability to laugh. That is such a gift.

Is the process different each time during a reading?
Yes, so what basically happens is the spirit will clear out my own personal thoughts, feelings and emotions and they replace them with signs and symbols that I've experienced here in the physical world to relay messages to someone else. Every message and validation is different as well. The personal message is what makes people say "Wait a minute, I don't really know if I believe in this, but how does she know this?" There are things that you would only know about, things that you've seen with your own two eyes. Nobody can tell you what you saw or what you went through wasn't real. I want people to know that they still have that connection. Even if you don't get read personally at my show, to watch it happen is powerful and absolutely amazing.

What do you hope audiences take away from your live show?
I want them to know that there truly is more to life than just the physical world, and more importantly that your loved ones are still with you—just in a different way. You can never break that soul bond. Be open to the signs and the symbols and embrace them.

Catch Theresa Caputo's "The Experience" Sept. 5 and 6 at 8p,m, at Parx Casino

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3 PLUS-SIZE MODELS WHO GIVE OTHER MEANING TO 'BODY POSITIVITY'

BARBIE FERREIRA

This 22-year-old model was interested in the role of Kat Hernandez because of her not being the typical insecure and one-dimensional plus-size woman. And she also could use her style: latex dresses, boleros, makeup in cold tones, statement accessories. Ferreira, of Brazilian descent who has more than a million followers on Instagram, set a new trend. She started modeling after sending photos to American Apparel and since there she has been unstoppable: working for ASOS, Adidas, Forever 21 and Missguided, among other brands. In addition, her photos without Photoshop for Aerie went viral in 2016. With Euphoria, she has appeared in Interview and Paper magazines, but has already been featured in Vogue, Teen Vogue, Oyster and Nylon. She had also acted in two episodes of "Divorce" before many discovered Ferreira thanks to the series that has given her stardom.

OLIVIA CAMPBELL

The Brit was of the mannequin size when she was hired by Bridge Models agency. She is a single mother and a strong body-positivity activist in her country. With 177,000 followers on Instagram, she speaks openly about how the issue of plus-sized bodies is treated by the society. That is why she wants to stop talking about the word "fat" with shame. She has expressed it in a StyleLikeU's video dubbed "I am not curvy, I am fat," from a series called "The What's Underneath Project" (2016). She also has collaborated for brands like Simply Be and in a podcast that talks about treating all kinds of bodies as natural.

LA' SHAUNAE STEWARD

The 22-year-old has already launched a line of inclusive shoes with Jeffery Campbell and signed a contract with Revolt agency. She has suffered in her career from fat shaming — there were even memes featuring her that became viral — but many people have identified with her sense of style and with Steward's incredible attitude. She has also launched Inclus Models, which is looking for models beyond the curvy stereotype. Thanks to her social media activity, Shaunae started knocking on doors and after four years, she managed to be hired. Now she has 106,000 followers on Instagram and has inspired many women who do not fit the "plus-size" standard of curvy women. She appeared in the campaigns for the Universal Standard brand, in Vogue and in Dazed.

LUZ LANCHEROS, MWN

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MATT BURKE

Matt Burke is a veteran sports journalist and the Founder and Editor in Chief of MetroBet.

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There are dozens of intriguing team and player prop bets currently available at **MetroBet.us/Sugar,** and today we'll take a look at a fun one: "QB to throw the most interceptions in 2019."

Here are the odds for the top 10:

B. Roethlisberger +800
J. Winston +800
J. Allen +1000
K. Murray +1100
S. Darnold +1400
C. Newton +1400
D. Haskins +1800
B. Mayfield +2000
P. Rivers +2000
D. Watson +2200

Roethlisberger led the league in INTs last season with 16, mostly due to the fact that he also led the league in pass attempts with 675. But with just 414 pass attempts last year, young Jets QB Sam Darnold tied for second place having thrown 15 picks.

Darnold is a great play here at +1400.

I think Darnold is going to have an overall good year, but his interception total is only going to increase now that he'll have the opportunity to throw more in his second season. Roethlisberger is proof that you can have a good season overall despite throwing a ton of picks.

Also, look at some of these other young guys on this list to lead the way in picks as well.

Arizona's Kyler Murray is another good play at +1100. Murray threw seven picks in 14 games last season at Oklahoma, and while Big 12 football is no joke, it's also far from the NFL.

Murray is going to get a ton of opportunity in Arizona during his rookie season, opening the door for some ugly play at times.

The play: $5 on Darnold (+1400), $5 on Murray (+1100) to lead NFL in INTs

GETTY IMAGES

TWEET OF THE DAY

Matt Burke
@Burke_Metro

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Best Bets

College FB: Oklahoma St. at Oregon St.

The ball will be flying up and down the field in Friday contest at Oregon State's Reser Stadium as the Beavers host Oklahoma State.

The Cowboys' offense is capable of competing with some of the most high-octane units in the country in the Big 12.

The quarterback competition will boil down to a last-minute decision by head coach Mike Gundy; he won't say if redshirt freshman Spencer Sanders or Hawaii graduate transfer Dru Brown will get the nod as the starter.

"I don't think there's much difference between the two quarterbacks as far as how they throw it," junior wide receiver Dillon Stoner told reporters last week. "They are both great quarterbacks, no matter who is going to start."

Whoever starts under center, they'll have first-team All-American and Biletnikoff Award finalist Tylan Wallace to throw to against an Oregon State defense that was next-to-last in the country in scoring defense and yards allowed per contest in 2018. There's not much hope for improvement for the Beavers' stoppers either.

GETTY IMAGES

The play: Oklahoma State vs. Oregon State Over

ROBERT CRISCOLA

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BOISE STATE AT FLORIDA STATE -5.5

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Jadeveon Clowney's future with the Houston Texans remains uncertain. GETTY IMAGES

As the NFL season approaches, Philadelphia Eagles fans (at least those not bored into unconsciousness by the preseason) are strutting with optimism. And why not? This team is talented, healthy, and already knows its way to a championship parade.

But there are flaws with the powerhouse Howie Roseman built. Fortunately, there is also the opportunity for the savvy GM to craft a move right now that would send fans rushing to book reservations to Super Bowl LIV next Feb. 2 in Miami.

Let's face it, the Birds' edge rush projects as just average.

With Chris Long retired and Michael Bennett gone to the Pats, depth is thin. Any improvement has to come from third-year defensive end Derek Barnett playing like the first-rounder he was drafted as three years ago.

Maybe he will. Or, maybe the Eagles could add immediate impact by trading for Houston's unhappy 26-year-old defensive end Jadeveon Clowney.

You've heard the stories. Clowney and the Texans can't agree on a long-term deal, so Houston slapped a franchise tag on the young star. Clowney has sulked at home through training camp, and the impasse appears to have reached the breaking point.

The NFL rumor mill has the Texans talking trade with a half-dozen teams — including the Eagles. That makes sense.

Of course, the rumor mill also sparks inane scenarios. Reports in the last week have Clowney coming to Philadelphia for Lane Johnson, Jason Peters, Alshon Jeffery or, in one story, Zach Ertz. None of those things will happen. A Super Bowl hopeful doesn't help itself by adding strength at one position and tearing down another.

Equally unrealistic are reports that Texans coach Bill O'Brien, who also serves as their de facto GM, will seek to replace RB Lamar Miller (knocked out for the season last weekend) by sending Clowney eastward for the likes of Wendell Smallwood, Josh Adams or Corey Clement. O'Brien may desperate, but he's not stupid.

What makes sense – and could actually happen – is the Eagles sending their 2020 first-rounder and a role player, say, Halapoulivaati Vaitai (just as I've finally learned to spell his name) to Texas for the young star. A first-round pick might sound pricey, but, hey, if it's No. 32 who'd complain?

Clowney comes with 18.5 sacks in the past two seasons and one of the NFL's top combinations of size and speed. But he also comes with baggage.

For one, he's got a history of immaturity and losing focus during games. This deal only works if you believe the Eagles coaching staff and veteran leadership can motivate Clowney into working on every play.

Second, NFL rules preclude any team from signing Clowney to a long-term deal now, so he could leave as a free agent after just one season. The Eagles have the cap space to add his $16 million price tag for 2019. But can Roseman make it work long term?

My hunch is he can, and that Clowney would remain an Eagle under a deal similar to that of Fletcher Cox (six years, $102 million).

Blockbuster moves like this are rare in the NFL because most GMs are reluctant to shake things up right before the season opens. But not Roseman.

Three years ago, he shipped Sam Bradford to the Vikings for a first-round pick and promoted rookie Carson Wentz to starting QB just eight days before the opener. That was a stunner, a huge risk and — ultimately — a franchise changer.

Bringing in Jadeveon Clowney is exactly the kind of gutsy move Roseman would make. Here's hoping it happens.

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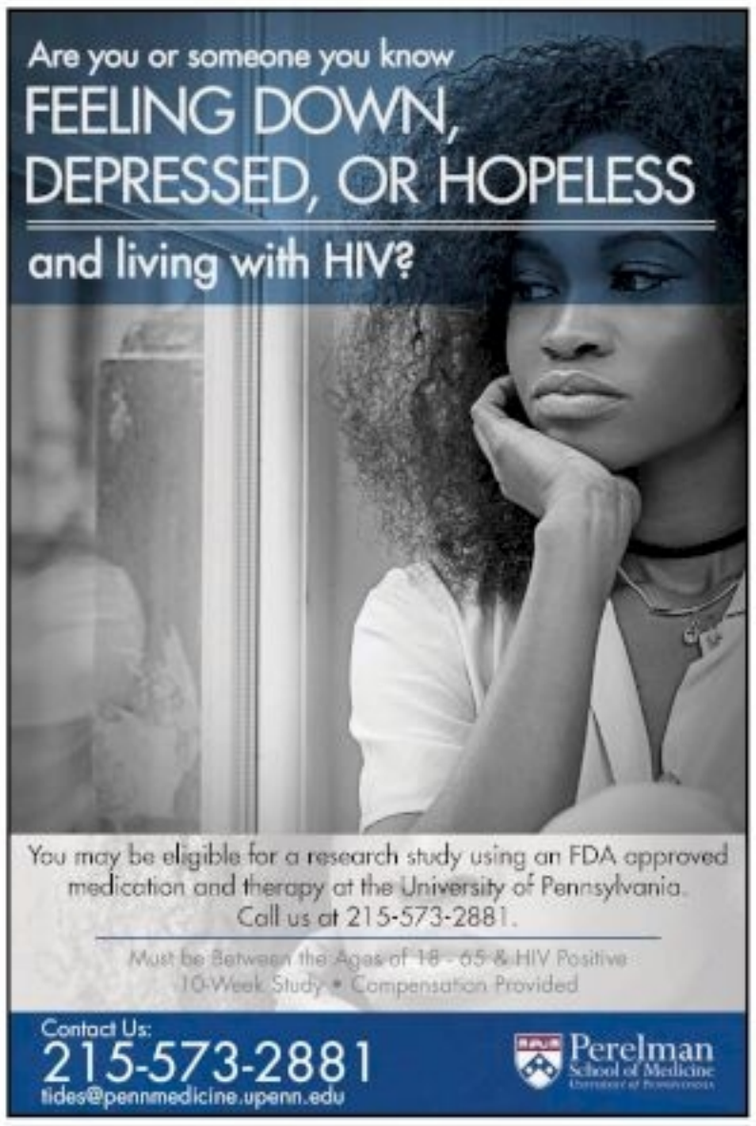
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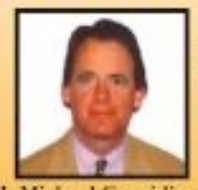

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Public Notices

Mariana Bracetti Academy Charter School

Board of Trustees 2019-2020 Meeting Schedule

September 4, 2019
October 2, 2019
November 6, 2019
December 4, 2019
February 5, 2020
March 4, 2020
April 1, 2020
May 6, 2020
June 3, 2020

All meetings are held at 6 PM at
1840 Torresdale Avenue
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The Freire Charter School Board of Directors meeting dates for the 2019-20 school year are as follows:

WED, SEPT 11, 2019 | 8AM
TECH Freire Charter School
2221 N. Broad St, Phila, Pa 19132

WED, OCT 16, 2019 | 8AM
Freire Charter Middle School
1026 Market Street, Phila, Pa 19107

WED, DEC 11, 2019 | 8AM
TECH Freire Charter School

WED, FEB 12, 2019 | 8AM
Freire Charter Middle School

WED, APR 8, 2019 | 8AM
TECH Freire Charter School

WED, JUN 10, 2019 | 8AM
Freire Charter Middle School

The TECH Freire Charter School Board of Directors meeting dates for the 2019-20 school year are as follows:

WED, SEPT 11, 2019 | 8AM
TECH Freire Charter School
2221 N. Broad St, Phila, Pa 19132

WED, OCT 16, 2019 | 8AM
Freire Charter Middle School
1026 Market Street, Phila, Pa 19107

WED, DEC 11, 2019 | 8AM
TECH Freire Charter School

WED, FEB 12, 2019 | 8AM
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WED, APR 8, 2019 | 8AM
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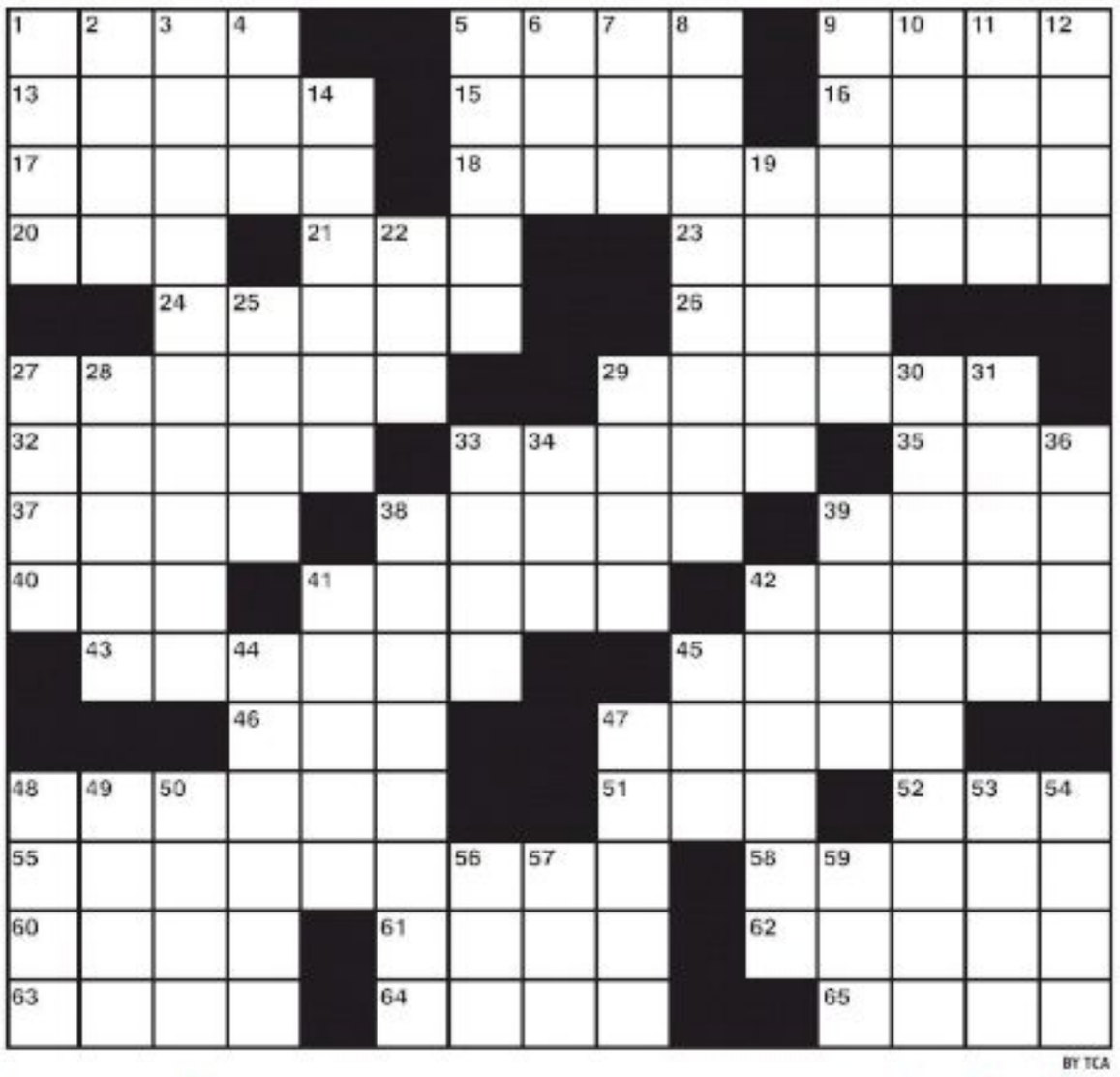

BY TCA

ACROSS
1 Middle of simile
5 Julia Child, for one
9 One of the Maverick brothers
13 Deadbeat
15 Make well
16 In concert
17 Tomato __; marinara ingredient
18 Cures
20 __ lift; slope transport
21 Sever
23 Sellers and Fonda
24 Spinnaker & jib
26 Tap gently
27 Felt sorry for
29 Awning
32 2nd U.S. president
33 Has nothing to do with
35 Ruby or maroon
37 Elected officials: abbr.
38 Square one
39 Lunch spot
40 Tic __; breath mint
41 Remains
42 Soldier's gun
43 Envelope contents
45 Most certain
46 Battery size
47 Money hoarder
48 Like a piercing scream
51 "__ a Wonderful Life"
52 Napoleon's title: abbr.
55 Car's rear illumination
58 "Sesame Street" fellow
60 Likewise
61 __ as a pin
62 __ on; attaches
63 Thirst quencher
64 Birthstones
65 Bump into

DOWN
1 European range
2 Marinate
3 Help
4 Profit
5 British fellows
6 Kind of party
7 Chow down
8 Disrespectful
9 Very drunk
10 Formality
11 At any time
12 Actress Harper
14 __ on; has confidence in
19 __ list
22 As __ as the hills
25 Targets
27 History
28 Just right
29 Mongrels
30 First choice
31 Shrieks
33 Celebrity
34 Alfalfa, for one
36 Try to lose
38 Shoplifting
39 Crucial; urgent
41 Drag one's feat
42 Baking potato
44 Suit alterer
45 Take a load off
47 Romney & others
48 Rough guess
49 Robust
50 Stand up
53 Wallace of TV
54 Pain in the neck
56 Seventh letter
57 Pork cut
59 Bash

metro.us/wordsearch

J	W	G	B	W	Q	U	I	N	N
P	O	I	S	O	N	I	V	Y	I
M	R	K	C	Z	G	Z	D	C	B
R	C	Y	E	L	R	A	H	A	O
F	E	O	E	R	N	C	N	T	R
R	R	I	D	D	L	E	R	W	E
E	A	L	F	R	E	D	R	O	O
E	C	A	F	O	W	T	A	M	C
Z	S	I	M	N	A	M	T	A	B
E	C	P	E	N	G	U	I	N	T

Alfred
Bane
Batman
Catwoman
Croc
Harley
Joker
Mr. Freeze
Penguin
Poison Ivy
Quinn
Riddler
Robin
Scarecrow
Two-Face

metro.us/wander

Category: Idiom

	K	C
R	E	O
F	O	R
F	U	R
Y	O	

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metro.us/sudoku

	8		1	2		3		7
	9	4	7		3			
	7		9			5	4	2
	2	9					8	
3								6
	6					1	3	
6	3	7			9		5	
			3		7	2	6	
8		2		1	6		7	

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Yesterday's Answers

D	A	M			A	C	T	O	R		U	G	L	Y
A	D	A	Y		S	H	A	P	E		P	L	E	A
D	A	M	E		S	A	X	E	S		R	O	A	M
	M	A	S	C	U	L	I	N	E		O	W	N	S
			H	A	R	K			N	B	A			
S	T	R	I	F	E		S	A	T	U	R	D	A	Y
C	R	A	V	E		C	O	X	E	S		O	L	E
R	I	C	A		T	O	W	E	D		H	U	L	A
A	B	E		P	I	N	E	S		D	O	S	E	S
P	E	S	T	E	R	E	D		S	I	L	E	N	T
			O	N	E			L	I	E	D			
B	R	O	W		S	T	R	A	N	D	I	N	G	
L	A	V	A		O	W	I	N	G		N	E	E	R
O	V	E	R		M	I	N	C	E		G	A	T	E
B	E	N	D		E	N	D	E	D			L	A	D

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